



Monday

5:45am-6:35am Loft Barre, Keslie
12:05pm-12:55pm Flow & Mobility, Hannah (Z)
1:15pm-2:00pm Mat Pilates Strength, Hannah (Z)
4:15pm-5:00pm Loft Bounce, Marah
5:30pm-6:20pm Loft Barre, Hannah (Z)

Tuesday

5:45am-6:35am Heated Flow & Mobility, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Mat Pilates, Rotation
5:30pm-6:20pm Yoga Flow, Lizzy

Wednesday

5:45am-6:35am Loft Barre, Keslie
12:05pm -12:55pm Flow & Mobility, Hannah (Z)
5:30pm-6:20pm Loft Barre, Hannah (Z)

Prices

Drop In \$25.00

20 Class Pack \$310 (Good for 1 year)

10 Class Pack \$165 (Good for 6 months)

5 Class Pack \$100 (Good for 3 months)

12 Month Membership \$109 per month

Student Drop In \$18

Student Membership per semester \$199

One-Time Full Year Membership \$1,199 (One month free/\$109 savings)

Thursday

5:45am-6:35am Heated Morning Movement, Gina
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Mat Pilates, Morgan
5:30pm-6:20pm Slow Flow, Mo

Friday

5:45am-6:30am Heated Mat Pilates, Rotation
11:00am-11:45am Loft Bounce, Hannah*(Z)
12:05pm-12:55pm Loft Barre, Abbie

Saturday

9:00am-9:50am Loft Barre, Rotation

Sunday

9:00am-9:50am Loft Barre, Rotation
10:00am-10:55am Downdogs & Draughts held at Ten Mile Creek Brewery - \$15 for yoga and a drink ticket, Rotation
3:00pm-4:00pm Sunday Yoga, Tyler

(Z) - Classes also offered through Zoom

***Please email, text, or message to reserve a spot for the Loft Bounce classes.**

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